Ufford PUNCH

Issue 333

October 2024

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Welcome to the Ufford PUNCH

From the Editor

"Hey Biggles, who is that fella talking to the C.O?"
"He's here for a joyride. Says he won a trip in some charity auction when he was squiffy on lemonade, and now he's insisting we take him up."
"Hmm .. rum-looking cove, isn't he? Could be a spy."
"Don't judge by appearances, Algy. He's just the sort of chap you want beside you in a dogfight. Apparently he's flown non-stop to Japan."
"Unbelievable!"
"Business class."
"I say, Biggles - shouldn't there be an editorial here instead of this balderdash?"
"Oh, it would just be the usual bumf about how lucky we are to live in Ufford. But you are right, this has gone on too dashed long for a lead-in to a single article written by the egomaniacal editor which appears on page 10."
"I've heard some people complaining. They call it indulgent. Out of touch. Elitist."
"Yes. But I tell you, Algy, I lie awake worrying about how we can be more inclusive of the whole village. That and how to defeat the Red Baron. But we're not bloomin' journalists - we're shy introspective chaps who shoot down most of the people we meet, and we need suggestions and stories from all our neighbours."
"Anything else to mention?"
"Yes, we have a new advertiser - Sleepsafe Plumbing and Heating. Welcome, chaps."
"I'll drink to that, Biggles. The ginger beers are on me."

Kevin Young

Have you heard it on the PUNCHLINE?

Get the latest village news first via our digital newsletter 'PUNCHLine'.

If there is anything you want to broadcast, write your message and send it in Monday - Saturday for circulation to all our subscribers as soon as possible.

To subscribe, or broadcast news, email punchline@uffordpunch.org.uk

Cover photo (of Rolls-Royce bodywork from car rally) by Jan King

Ufford PUNCH November 2024

Deadline for submissions to submissions@uffordpunch.org.uk
18th October 2024

UPC Ufford Parish Council News

A Grant to renew our Woodland Management Plan

It is hard to believe but Ufford Parish Council has now owned Parklands Wood for over 10 years. Back in 2014 we were working with the Green Light Trust to establish a 10 Year Management Plan for the woods, and now it needs updating. The great news is that we have been awarded a grant from the Rural Payments Agency, to produce a new plan

Parish Council Grants

A Parish Council is permitted to give grants to local village organisations with a view to enhancing the lives of all or some of its residents. Ufford Parish Council undertakes this task once a year, in order to budget for the funds when it requests its annual payment from the District Council.

If your club, society or association would like to apply for a Parish Council grant (payable in April 2025) you need to act now. Please e-mail the Parish Clerk (see below). A form will be sent to you and you must return this by 31st October. A latest set of accounts are required to accompany all applications and the Parish Council reserves the right to refuse or reduce any requests. We look forward to hearing from past applicants and any new groups alike.

TEN YEARS ON, IN PARKLANDS WOOD, WE NEED YOUR SUPPORT

Would you like to improve fitness, well being and make new friends?

Yes? Then join the Friends of Parklands Wood team who help to look after Parklands Wood.

When?

Sessions on most Monday mornings 9:00-12/12:30. Times can be flexible. Bring your own coffee. Saturday sessions are being considered.

Where?

Meet in the Community Hall car park at 9:00 (late arrivals can be accommodated).

Why is help needed?

In the last year three members of the team have moved away, two have stepped down due to health issues and two are helping with a project in another village.

What will I need to be able to take part?

An interest in increasing biodiversity, a good pair of gloves, sturdy footwear and a degree of fitness and flexibility. All tools are provided.

How do I find out more?

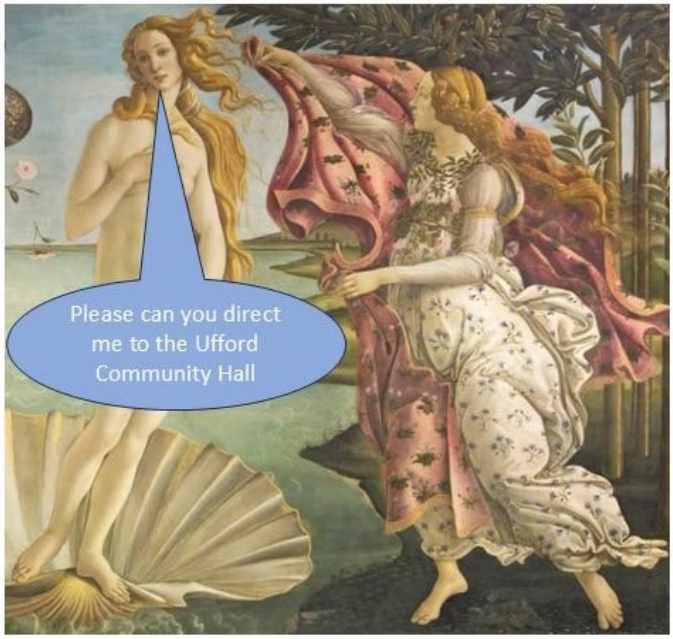
Contact Jane Hawthorne on 01394 420241, Rilla Forge on 07758 247271, or Barry Searle on 07802 765429.

What do we do?

Parklands Wood is owned by the Parish Council and managed by a group of volunteers in accordance with a Forestry Commission approved management plan. Increasing biodiversity does not mean re-wilding. It means controlling invasive species, improving light levels to allow more growth in certain areas, improving habitats for insects, birds and wild flowers. It also means felling of diseased, weak saplings and overcrowded trees and a programme of coppicing. The last two years have seen a huge increase in the number of wild flowers and the wood is full of birdsong.

See Page 6 for details of our AGM

UFFORD PUNCH NOTICEBOARD



Botticelli and Venus
An illustrated talk by John Mann
2.30 pm on Thursday 7th November
Ufford Art History Group
£5 to include refreshments

Rural Wellbeing Survey

A follow on from a previous small survey undertaken by East Suffolk Council into any health and wellbeing issues that potentially exist in the local Community Partnership area. It is being conducted by Community Action Suffolk, on behalf of the council so that they can have better understanding about health and wellbeing needs and provisions in the area, and hear how they can work with you to improve things.
To complete the survey please go to https://www.surveymonkey.com/r/RuralWellbeing

Martlesham Heath Aviation Society

On Friday 4th October at 7:30pm Andy Robertshaw presents **"The Real Royal Flying Corps"**, an insight into the myth of the Great War Airmen - the truth behind the Fighter Aces and Scout Pilots and their major contribution to Victory in World War 1.

All our Meetings take place at:
Martlesham Heath Community Centre,
Felixstowe Road,
Martlesham Heath
Suffolk
IP12 4PB
Large Car Park at the rear of the building

Phone: 01473 274300
Web: www.mhas.org.uk
Email: publicity@mhas.org.uk

Naked Performance in the Church Hall

Tickets for the 19th October 2024 performance of 'Quentin Crisp: Naked Hope' at St Mary's Parish Hall are selling fast and those that remain are available at £12.50 each from the White Lion pub (cash only), or by emailing andygardn@googlemail.com.
The 75-minute play starring renowned actor Mark Farrelly follows the remarkable and challenging life of the unashamedly gay Quentin Crisp, firstly at a time when homosexuality was a crime and then as a celebrity living his best life in New York.

Pop legend Boy George said of the show: "Mark Farrelly channels Quentin Crisp brilliantly."
Doors open at 7pm and the show starts at 7.30pm. There will be a cash bar on the night, featuring a Quentin Crisp-inspired cocktail.

The White Lion pub is offering a pre-theatre dinner prior to the play. Chef Finn Boorne will be cooking a Chicken tikka Masala curry with basmati rice and poppadom. There is also the option of a vegetable curry. The cost is £12.50 and serving starts at 5pm. Call 01394 460770 to book.

Friends of Parklands Wood AGM on Saturday 2nd November, come along to the Community Hall at 10.00am. **Discussion and questions are welcome.**

After the AGM, would you help to build a stumpery, remove tree guards, use a Tree Popper?
A Stumpery is a large hole about a foot deep which is filled with different sizes of logs from deciduous trees, especially oak and sweet chestnut. It's a great way to increase habitat for frogs, toads, newts, insect pollinators and stag beetles. Accompanied children welcome.

IT'S HIP TO BE SQUARE!

Remember me? The Christmas Chameleon, ghost of Xmas 2023, back again to remind you to send festive greetings to your village friends through the Ufford Punch.

Still only £10, which will be donated to charity!

SQUARE!

Don't make me blue! Make your image as near to SQUARE as you can

Send your image and any required greetings to submissions@uffordpunch.org.uk and they will organise the rest.

Punch Christmas Cards 2024

Yes, as the Chamelon says, It's time to submit your picture and greetings for inclusion in the December Punch. Spaces are limited, so act now to reserve yours!

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Ufford Crown Christmas Party Menu 2024

Available from 27th November to the 30th December 2024. Prebooking only.

To Start

Roast cauliflower soup, garlic & rosemary croutons, parmesan [Ve*]

Crown Mezze of olives, lemon & garlic hummus, cream cheese and chive dip, pitta, focaccia [Ve*]

Duck liver and brandy parfait, spiced plum chutney, granary toast

Crispy brie, cranberry jam, truffled ham salt [V]

Smoked salmon rillettes, pickled fennel, leaves, celeriac remoulade, granary toast, lemon

Crispy oriental duck salad, orange, spring onions

To Follow

Norfolk turkey, chestnut stuffing, pigs in a blanket, roast potatoes, buttered vegetables, homemade cranberry sauce [NUTS*]

Vegetarian nut roast, roast tomato, roast potatoes, vegetables, homemade cranberry sauce [Ve][NUTS]

Slow roasted Dingley Dell pork belly, mash, seasonal vegetables, Bramley apple sauce

Roast cauliflower, butternut squash & spinach curry, basmati rice, pickled red onion, coriander [Ve]

Smoked haddock, pea, white wine cream linguini, spinach, herbs

Thai red spicy tiger prawn coconut curry, basmati rice, green papaya salad [SF]

Local sirloin steak, skin on fries, salad, confit tomato, caramelised shallots & garlic butter
£9.5 supplement

To Finish

Sue Allen's Christmas pudding, brandy cream [V]

Black Forest Eton Mess

Spiced apple crumble, clotted cream ice cream

Warm chocolate brownie, vanilla icecream, toffee sauce [V][Ve*]

Grilled pineapple, passionfruit sorbet, hazelnut praline [V][Ve*][NUTS*]

Madagascan vanilla crème brûlée, shortbread biscuit

Selection of cheeses, oatcake, crackers, apple, chutney [V]
Cashel Blue, West Country Brie & Cornish Yarg
£2.5 supplement

Christmas crackers included. **Service not included.** **Two courses £29.5** **Three courses £37.5**

This menu is subject to change. Please let us know of any allergies or dietary requirements when pre-ordering. Please let us know how you would like the steak cooked when pre-ordering.

[Ve] Vegan **[V] Vegetarian** **[NUTS] Contains Nuts** **[NUTS*] Nut Free Option Available** **[V*] Vegetarian option available** **[Ve*] Vegan option available**

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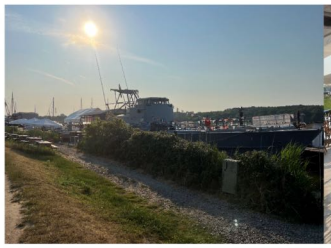

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Please note we are a walking/cycling destination; there is no parking in Melton Boatyard. Trains stop at Woodbridge and Melton for a wonderful one-way river walk.

5% Discount for all Ufford Punch readers on production of this advert

Riders and Striders

On Saturday 14th September some beautiful end-of-summer weather brought out the high-vis vests en masse like late butterflies, congregating around the church, settling briefly and then continuing on their migration across the churches of Suffolk. To a subjective observer who was too lazy to seek confirmation, there seemed a lot more cyclists checking in than usual. Funds raised from the event are split between the Historic Churches Trusts and the participants' chosen churches.

WHITE LION PUB

Lower Street, Ufford

2024

Autumn at the White Lion

Quiz Night - Tuesday 8th October 7pm meal, Quiz 8pm

Open Mic Night - Thursday 10th October 7pm

Quiz Night - Tuesday 29th October 7pm meal, Quiz 8pm

Hallowe'en Party Evening - Thursday 31st October 6:30pm

Great fun for all the family. Includes meal with food for the kids and grown-ups. Please book with Andy and look forward to having fun and winning some prizes.

The White Lion offers all Ufford PUNCH readers a complimentary festive mulled wine or a soft drink on arrival for all pre-Christmas bookings.

White Lion Christmas Menu 2024

To begin with

Duck terrine with a tomato and red onion preserve

Stuffed pastry tartlets filled with prawns, vegetables fried in lemon grass and coriander with an oyster mushroom sauce

Warming pea and ham soup with rustic crusty bread

Baked button mushrooms in a creamy garlic sauce with a crusty herb topping

Traditional crayfish cocktail

From the range

Pan fried Sutton Hoo chicken breast stuffed with savoury forcemeat and coated with a Binham Blue cheese sauce

Braised Guinea Fowl breast cooked in a rich burgundy sauce with lardons of bacon and button mushrooms

Lightly seared salmon fillet and butterflied king prawns with capers and lemon butter

Traditional roast turkey with stuffing bacon chipolata game chips pan gravy and cranberry sauce

Pan fried Sirloin steak cooked to your liking, served with large double fried chips, mushrooms and tomato Green peppercorn or blue cheese sauce £5.85 supplement

Roasted butter nut squash and spinach risotto with parsnip crisps

Puddings

Dark chocolate brownie with butterscotch sauce

French style cream of rice pudding with local fruit preserve

Steamed orange and ginger pudding with vanilla custard

Chilled stewed pears in mulled wine

Traditional Christmas pudding with brandy sauce

All products used are sourced locally where possible, prepared and cooked in our kitchen. Christmas crackers included.

Two Courses £25.95 per person Three Courses £31.95 per person.
Menu available during December up to Lunch time Christmas Eve.

Pre orders only!
For bookings 01394 460770 or email stephen_thurlow@hotmail.com

Opening Meal Times for October

Closed all day Monday Tuesday - Saturday - 12 noon-2:30pm 6-10pm Sunday - 12 noon-9pm

For additional information or to book a table or an event contact
Andy on 07538 600986 or 01394 460770 info@uffordwhitelion.co.uk

stephen_thurlow@hotmail.com Please reserve a table to avoid disappointment 01394 460770

Please check our website for details of our events: www.uffordwhitelion.co.uk

Wings Over Clacton

The ground undulates as we bounce along over grass and scatter dandelions, gathering speed. And then with the aid of a final hump which launches us like a trampoline we are off, bouncing and kicking in the thermals and climbing slowly but surely over the trees and the patchwork fields around the village.

We are flying out of a field in Monewden, just 8 miles from Ufford; you would never know it was there unless you were looking for it or happened to glimpse an aircraft rising up from the trees. Even from the air it's hard to spot, barely distinguishable from the fields that surround it.

I've always loved small aircraft, but flying in a wood and fabric plane from a grass airfield is an experience on another level. This extraordinary

opportunity came my way after we outbid all comers for the flight at the Summer Ball auction of promises in aid of MND charities, a prize generously donated by the pilot and part owner of the Jodel D.11, Nigel Walker.

The Jodel is a French tail-dragger built in 1957, 67 years old and closer in time and materials to a Sopwith Camel than a modern aircraft. There are no hard runways or control towers involved in the whole flight – we are hopping between grass fields in uncontrolled airspace, where it's

up to us to choose our direction and keep a look out for other planes, an experience both liberating and slightly unnerving.

The tiny cockpit is cooler now that we're airborne with air flowing in through a hole in the perspex window and a few gaps around the edges. Our first waypoint is Ufford, where we circle the church a couple

of times then follow the A12 to Ipswich. I take the controls and turn towards Felixstowe, trying to coordinate rudder and ailerons to keep the cranes of the seaport in front of us while holding the nose level, and from there it's a short trip down the coast to our first stop at Clacton. Another grass field, busier and bumpier than Monewden and hemmed in with houses, where Nigel has to sideslip to kill speed (the little Jodel has no flaps!). The silence as we cut the engine is profound.

We buy ice cream on the promenade where the only mishap of the journey occurs as I drop my 99 ice cream cone - not even the flake survives. Then we take off again and head back north to Crowfield, smooth as a billiard table, for refuelling, and on up to Lowestoft, around the coast to Aldeburgh and inland to Monewden again. We arrive back at the airfield just as the light is beginning to fade on what has been an unforgettable day. My

thanks to those who made it happen, from the organisers of the auction to Nigel who was so generous with his time and aviation fuel.

Kevin Young

Pictures, in column sequence: Pushing back from the hangar. Yes, the engine is still in there. Nigel flying. Clacton and the ill-fated ice cream. The Jodel back at Monewden. Ufford from the air.

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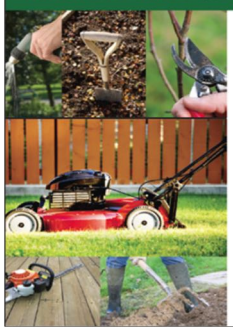

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From Our Swimming Correspondent

Gemma Cannon's epic relay swim around Jersey

It's been a while since I wrote to the Punch with a swimming adventure, but this year's had to be shared - swimming a relay around Jersey!

At 5:15am on 4th August, I and three swim buddies met Guy and Martin (boat pilot and swim observer respectively) at St Helier Marina in nervous anticipation. Under Channel Swimming rules each of us swam an hour in turn, in a single costume (no wetsuits!), hat and goggles. I swam the first leg, so had to jump off the boat and make my way to the harbour wall for the swim to officially start. We had two hours to make it from St Helier to La Rocque (approx 8k) in order to get the tidal push around the island, otherwise the swim would be terminated. This was the one of the toughest parts as it was low tide so at times I was in three feet of water above a particularly rocky bottom. To top it off, I found out that Jersey is home to several barrel jellyfish - which do sting, are rather large, and kept swimming close to me and the boat!!

The weather was glorious - mid 20s, low wind and water temperatures of 18°C, perfect swim conditions. We each took our turns swimming an hour at a time and enjoying the beautiful views of the island. We honestly thought it couldn't get any better, until the end of my third swim, when two dolphins appeared at Corbière Lighthouse less than 50m from the boat! A truly spectacular sight!

We finished at Elizabeth Harbour after 10 hrs 51 mins to a Prosecco reception from the Jersey Long Distance Swimming Club . Two swimmers on our team were the first deaf athletes to swim around the island.

All four of us agreed it was the best swimming experience we'd ever had, so much so, I'm considering heading back out in the future to attempt the swim solo.

Doctor Bike Visits Ufford

Cycling UK is a charity whose main aim is to encourage people to cycle. The charity have recently launched the Big Bike Revival, a series of showcase events across the country which includes free cycle maintenance programmes. The ultimate aim is to get people out of their cars and onto their bikes - so helping the environment whilst getting us all fitter and healthier.

We recently had our own free 'Dr Bike' session at St. Mary's Parish Hall when Martin Smith, a local cycle mechanic from Hasketon who works in conjunction with the charity, serviced twelve bikes over a five hour period. Villagers either cycled, wheeled or in some cases carried their bikes into the hall - some out of breath when they arrived. Whilst recovering they looked on as Martin transformed their bikes, some from unrideable to impressively roadworthy condition, whilst enjoying his friendly conversation and helpful tips on bike maintenance.

Martin plans more sessions in the future visiting local villages in the surrounding area. It is first come, first served, maximum two bikes per household and no children's bikes please. He was fully booked for his last visit but will be returning on 9th October. If you are interested you can email Martin to book a slot on:

martinsmith63@hotmail.com or send a text to 07966 089881

Alex Bennett

The Last Hurrah

We covered a lot of events at the White Lion this summer. They've been very busy. But as always the Beer Festival marks the end of the season as evenings grow shorter and we move indoors for the winter of pub quizzes.

This year's festival was spread over four days, with a mixture of sunshine and terrible weather and included all the usual favourites - Dwyle Flonking and Welly Wangling (games as silly as their names suggest), Dilly cart racing and tug of war, plus three bands and sixteen beers on tap. And a small gathering of classic cars to round it off. Here's a few last photographs to remember end of summer 2024.

Top: Tug of War [Daniel Metz]
Clockwise from left: The workers [Sue Wright] The beer menu
Moondance [Tony Hill]
Dwyle Lonking [Nigel Smith]

Track marshal Mike Jones dices with death in front of speeding cart

Andy Gardner dices with death inside speeding cart

\

The Ufford Neighbourhood Plan

What's Been Going On Behind the Scenes?

Photo by Nigel Smith

We're sure you remember the Draft Neighbourhood Plan Exhibition on 14th March in the Community Hall? It was attended by an impressive 80+ visitors. A total of 341 written comments from 75 individuals including landowners and the 10 Statutory Consultees were received by the 3rd May deadline, a remarkable number. They were constructive and largely complimentary comments.

Since then the Neighbourhood Plan Steering Group has met five times with our consultants to prepare responses to each of the comments received and amend the Plan where appropriate.

On 10th June Ufford Parish Council received a 2024/25 NP Grant of £5,070, sufficient to complete the Plan, this despite the announced General Election, which had been expected to delay funding.

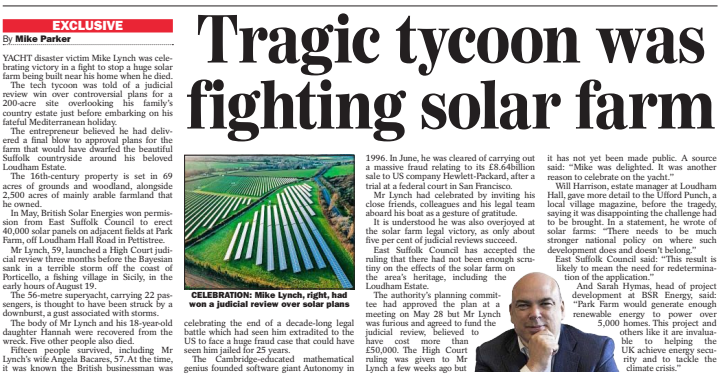
By the time you read this, we anticipate the Amended Plan, including Steering Group responses to the received comments, will have been submitted to Ufford Parish Council for their approval, after which it goes for independent review to ensure it legally conforms to existing Planning Regulations and to East Suffolk County Council for final approval.

Once these hurdles are passed the Final Plan and Steering Group responses will be submitted to Ufford electoral register residents to vote in a Referendum. A simple majority is needed for the Plan to become a statutory planning document, valid until 2036. All subsequent local planning applications must then demonstrate they conform to the Ufford Neighbourhood Plan.

When will this important Referendum take place, you ask? The timing of the above approval processes is unpredictable, but we hope to ask for your vote early in 2025. Watch this space!

The Ufford Neighbourhood Plan Steering Group

Daily Express Runs Punch Story



EXCLUSIVE

By Mike Parker

Tragic tycoon was fighting solar farm

YACHT disaster victim Mike Lynch was celebrating victory in a fight to stop a huge solar farm being built near his home when he died.

The tech tycoon was told of a judicial review win over controversial plans for a 200-acre site overlooking his family's country estate just before embarking on his fateful Mediterranean holiday.

The entrepreneur believed he had delivered a final blow to approval plans for the farm that would have dwarfed the beautiful Suffolk countryside around his beloved Loudham Estate.

The 16th-century property is set in 69 acres of grounds and woodland, alongside 2,500 acres of mainly arable farmland that he owned.

In May, British Solar Energies won permission from East Suffolk Council to erect 40,000 solar panels on adjacent fields at Park Farm, off Loudham Hall Road in Pettistree.

Mr Lynch, 59, launched a High Court judicial review three months before the Bayesian sank in a terrible storm off the coast of Porticello, a fishing village in Sicily, in the early hours of August 19.

The 56-metre superyacht, carrying 22 passengers, is thought to have been struck by a downburst, a gust associated with storms.

The body of Mr Lynch and his 18-year-old daughter Hannah were recovered from the wreck. Five other people also died.

Fifteen people survived, including Mr Lynch's wife Angela Bacares, 57. At the time, it was known the British businessman was celebrating the end of a decade-long legal battle which had seen him extradited to the US to face a huge fraud case that could have seen him jailed for 25 years.

The Cambridge-educated mathematical genius founded software giant Autonomy in 1996. In June, he was cleared of carrying out a massive fraud relating to its £8.64billion sale to US company Hewlett-Packard, after a trial at a federal court in San Francisco.

Mr Lynch had celebrated by inviting his close friends, colleagues and his legal team aboard his boat as a gesture of gratitude.

It is understood he was also overjoyed at the solar farm legal victory, as only about five per cent of judicial reviews succeed.

East Suffolk Council has accepted the ruling that there had not been enough scrutiny on the effects of the solar farm on the area's heritage, including the Loudham Estate.

The authority's planning committee had approved the plan at a meeting on May 28 but Mr Lynch was furious and agreed to fund the judicial review, believed to have cost more than £50,000. The High Court ruling was given to Mr Lynch a few weeks ago but it has not yet been made public. A source said: "Mike was delighted. It was another reason to celebrate on the yacht."

Will Harrison, estate manager at Loudham Hall, gave more detail to the Ufford Punch, a local village magazine, before the tragedy, saying it was disappointing the challenge had to be brought. In a statement, he wrote of solar farms: "There needs to be much stronger national policy on where such development does and doesn't belong."

East Suffolk Council said: "This result is likely to mean the need for redetermination of the application."

And Sarah Hymas, head of project development at BSR Energy, said: "Park Farm would generate enough renewable energy to power over 5,000 homes. This project and others like it are invaluable to helping the UK achieve energy security and to tackle the climate crisis."

CELEBRATION: Mike Lynch, right, had won a judicial review over solar plans

Will Harrison, estate manager at Loudham Hall, gave more detail to the Ufford Punch, a local village magazine, before the tragedy, saying it was disappointing the challenge had to be brought. In a statement, he wrote of solar farms: "There needs to be much stronger national policy on where such development does and doesn't belong."

It remains to be seen whether, without his backing, East Suffolk Council succeeds in reversing the decision (the Express quotes the council as saying "This result is likely to mean the need for redetermination of the application" - in other words, tweak it and try again). We'll keep you updated on what happens.

Given the circumstances it's certainly not something we can celebrate, but the Punch got a mention in the national press recently when the Daily Express picked up a story that we ran, on how Mike Lynch spearheaded the judicial review that reversed the decision to build a solar farm near his Loudham estate just up the road from the village. Mike Lynch died along with five friends and his daughter when his yacht sank in a story that dominated the national news in August. Coincidentally, our original article on his involvement with the solar farm was written just before the accident happened, and then changed in the light of the breaking events as the story went to press.

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Beer Festival Tasting Notes

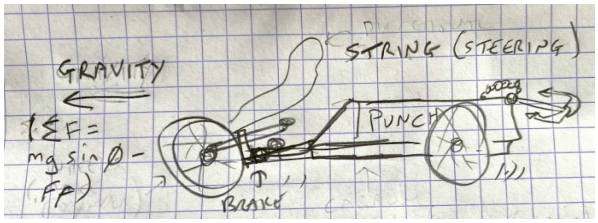
Two committee members volunteered to taste the beers on offer at the festival and report back. One took the job seriously. The other … maybe not so much

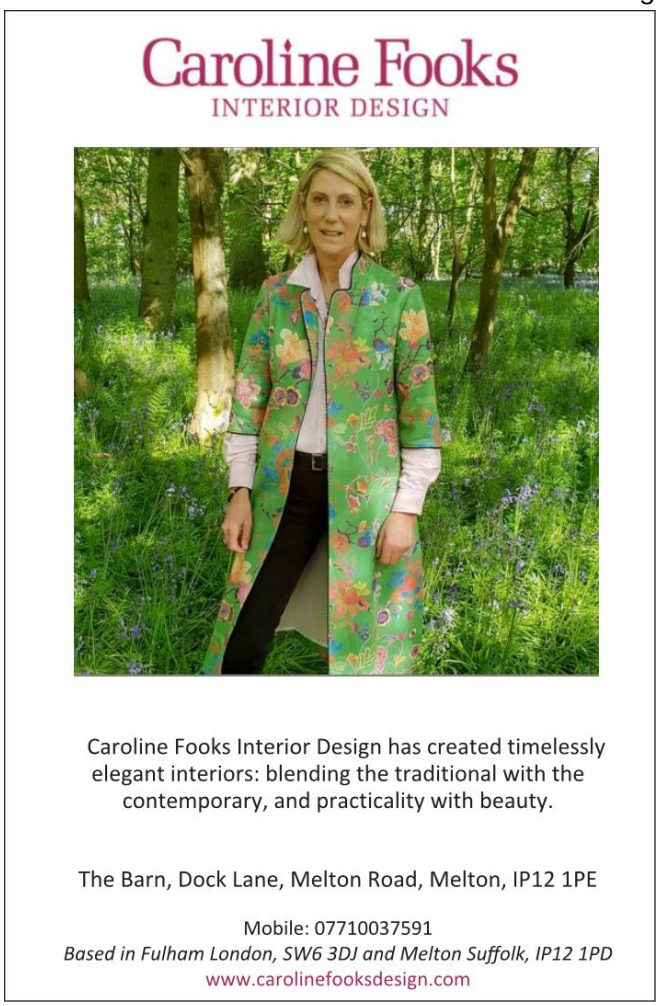
I like a festival of beer and when asked to submit a few words I was happy to help out. However with sixteen on the menu a solo attempt at tasting them all was no longer a personal preference. A team of family members, many coerced, was needed. We chose to start at the upper end of the 3.4 to 4.3% ABV scale and were rewarded with gold. Bure Gold and Golden Delight to be specific, the latter even received a taste comment not cribbed from the tasting notes: butterscotch. But all was not well, and a few mediocre beers later a certain taster was providing distinctly non-CAMRA type comments; “it smells like the inside of a mouldy cupboard” and “It’s smooth, but soapy”, before switching to Aspalls Cider as a palate cleanser. I don’t know if this says more about the tasters than the beer but the overall favourite, our top scorer and star of the show, was Static Energy, a hazy IPA with ‘a pleasant peppery floral aroma with Talus hops adding citrus notes’. Closely followed by Summer Dream (with an elderflower note) and the ale voted ‘most accurate to its taste notes description’ Lacons Encore. **A Beer Volunteer**

Nethergate Brewery Suffolk County: A proper best bitter packed full of biscuity malt flavour. Never touched the sides.
Stour Valley: At 4.2 per cent this golden ale also never touched the sides. This is easy.
Mauldens Brewery Ploughmans: I'll have a mature cheddar thanks. Ha, ha. This golden ale isn't bad too. Yummy in my tummy.
Swift: And it went down leek that too. Thumbs up emoji.... Malty and nutty, like Andy the pub landlord....
Mole Trap: Bloody hates moles, I does. They'se call this a session beer. Bloomin' apt. Hoorah.
Adnams Southwold: Oh, lardy dah, call that a pier? No wonder I need this classic bitter.
Lighthouse: "I am sailing, I am sailing"..... Says it's brewed with Crystal Meth..... sorry, Malt.
Lacons Brewery Norfolk Gem: Wanna fight? And your football team is rubbish. Come up then..... 'av it.
Falcon: Pal ale it says. Well, you're not my pal, matey. You can't even spel.....
Encore: Pal ale it says. Well, you're not my pal, matey. You can't even spel..... (c wot I did their..)
Green Jack Brewery Summer Dream: "Ssshush, I wanna sleep. Drem of 'orses, Punchy ones.
Nightingale: "Oooh Aaah, we are Exeeeter."
Woodfordes Brewery Wherry: "Take your 'ands off me Stephen."
Bure Gold: "And you'se can stick ye Bur where the sun don't shine."
Golden Delight: "Should 'av stayed at the Crown."
Castle Rock Brewery Static Energy: "Pleassssse let me in Amanda....."

Punch Challenges Village Racers

The annual Dilly Kart race down the hill on Lower Road is packed with thrills, but we at the Punch couldn’t help noticing … well … it’s not packed with entrants or spectators, and there was only one cart that seemed capable of getting down the hill unaided. So we are offering a challenge - we will build our own Punch cart for 2025 and offer a trophy if at least two other teams in the village volunteer to race against us. Epi Sporgersi, local artist and designer, has already sketched out a plan for our cart (right) to show we’re serious. Is anyone up for the challenge?





Nature Notes by Chris Reading

I have remarked previously on the abundance of raptors in this area, particularly the kestrel. This month features his big brother, the goshawk. The name stems from the Old English for goose-hawk.

They were all but extinct in the UK by the end of the 19th century due to loss of woodland habitat and human persecution.

Reintroductions have since seen the population slowly recover. Even so, they are still quite rare. The goshawk is a large powerful bird of similar size to a buzzard. It has a wingspan of three and a half feet (110 cm) with a barred breast and broad wings. The male weighs just under two pounds (850g) and the female weighs over three pounds (1.5kg). It is usual for raptors that catch their prey on the wing for the female to be larger than the male. They have a long rudder-like shape that helps them with balance and agility. They are rapacious hunters and can fly at speed through dense woodland, their natural habitat. They can take a wide variety of prey, including members of the corvid family (crows, rooks etc) but also squirrels, rabbits and other mammals.

Photo by Chris Reading

Nature Knowledge – At this time of year, you will often see café customers flapping their arms about: sometimes sitting down, sometimes standing up and sometimes both in quick succession. Is this a strange mating ritual peculiar to Suffolk? No. It's their reaction to seeing a wasp trying to snaffle their sticky bun. Wasps have an undeserved bad reputation. They are important pollinators and pest controllers. Their black and yellow stripes warn predators not to eat them, as they literally have a sting in their tail. Flailing your arms about annoys them and amuses them in equal measure. They may call their mates to watch you perform. If you don't bother them, they won't bother you.

The UAHG visit to Hedingham Castle

The group recently enjoyed a day out with a visit to Hedingham Castle on the Suffolk/Essex border. The Castle is a remarkable example of Norman architecture with a history dating back to the 12th century. Set in 140 acres and constructed by the first Earl of Oxford, Aubrey de Vere, a prominent Norman nobleman, who was granted the land by William the Conquerer after the Battle of Hastings. The well preserved Keep is one of finest in the country and the great arch spanning the banqueting room at the top of the Keep is the largest in the country, at 28 feet.

The Georgian House was added in 1719 by Sir William Ashurst the Lord Mayor of London and incredibly ownership of the estate passed back to descendants of the de Veres in the 20th century, because in 2004 Jason Lindsay, a direct descendant, and his wife Demetra inherited the property and began restoring the long neglected house and gardens where they still live today with their three children.

One interesting fact Jason added was that in 1918 there was a great fire which started at the top of the Keep - the army were residing there watching out for enemy aircraft during WW1 - caused when the flaming brazier on the roof went out of control. Although most furniture was lost one item of significance saved was a Edward 1st bedstead which now is set in the wall above the fireplace in the family dining room. **Alex Bennett**

Barry Searle dressed up as a Knight in the Keep

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Welcome to the Village

This month's new residents are Lily Southgate and Conor Baker

Hello, everyone! We wanted to introduce ourselves. We are Lily & Conor, and we have recently moved into our first home in Goldsmiths, Ufford.

Lily, born in Suffolk, is a drama school graduate and works as a content creator when she isn't chasing work on stage and screen. She is a keen reader and a keen baker.

In Conor's free time, you will likely find him on the golf course, sinking a pint on 19th hole. On the weekends , he is usually watching the Arsenal game, or rewatching Thierry Henry highlights.

You might spot us on a run in the area. Please feel free to give us a wave!

Visiting the Old Town Hall Tower in Prague

Farewell, We Hardly Knew Ye

Famous footballer who you didn't know was living in the village no longer lives in village

Last month in our Ipswich Town feature we wanted to tell you about a notable Ipswich player who was living in Goldsmiths. Unfortunately we were unable to get an interview and in the interests of privacy we decided to withhold the story . But we can now reveal exclusively that he no longer lives here. We hope his departure wasn't expedited by harrassment from the Punch.

Hiding in the bushes our local papparazza - who wishes to remain anonymous - was able to snap this picture of one of the removal vans.

Photo by Nicky Scott

Spot the Welly

Tony Hill is an experienced footwear tosser, having risen through the ranks from slinging slippers to lobbing loafers. Here's a picture of him in the big leagues wangling a wellington boot (in local parlance). All you have to do is test your skill (or more likely, blind luck) by marking where you think the welly is in the picture. You can WIN an afternoon with Tony creating havoc in the shoe shop of your choice. Solution on page 22.

Photo by Nigel Smith

The PLS - Punch Literary Supplement

I probably don't need to tell you that Thursday 3rd October is National Poetry Day. To celebrate and participate, Punch is publishing a small selection of poems by villlage writers. Being shy and sensitive, all have chosen to write anonymously or use pseudonyms. Your contributions for future issues are welcome at submissions@uffordpunch.org.uk.

Complex

You were selfless, gracious, kind and gentle,
yet clinging, unwitty and invariably crude.
You were bitter, vindictive and a little bit mental,
but handsome, talented, daring and shrewd.

From sincere, divine, sainted and fabled,
you turned unfaithful, deluded and made me feel ill.
From hollow, pagan, tainted and labelled,
you returned devoted, clear eyed and loving me still.

Complex and hurtful, leaving me often in tears,
reunited, my soulmate, after all of these years

Potato Gleaning

In the silence that follows the machine
He walks the margins of weed and shotgun shells
Where the steel share woke starch babies from their sleep
At each turn the runts thrown aside
Bending at the waist he
picks up a rhythm
of human work gone
beyond memory
Filling a canvas bag with spoil

Epi Sporgersi (translated by the editor)

A WIne Drinker's Lament

I've never been good at writing poems.
My skill is more with jeroboams.
My meter goes a bit astray
when I consume my best rosé.
As for finding how to rhyme,
I just give up and stay with
what I'm drinking at the time.

Political Satire - in the Punch!

There once was a PM named Starmer
Who said pensioners need not feel warmer
So the winter fuel thieves
Led by one Rachel Reeves
Saw migration head mostly to Palma

From Peruvian Poet Lima Rick

There was an old fellow from Ufford
Who was most excessively mothered
He said "Though I've turned forty
I'm still smacked when I'm naughty.
Oh nobody knows how I've suffered"

Old White Men

Let go. And welcome. We had it for too long,
Even if it never felt like that. We did. Let go
Now. Let them have the voice, the page, the ear,
the screen, the hope, and hope they make a better job of it
than we ever did and hope, hope their rage, their love,
their life and vigour wins, wins out at last against
the things we once claimed to care about but lost, or forgot,
or just got wrong – no matter how hard still to admit.
Let go. Think only of the small tasks, of giving – but
Only giving what is wanted. Sit now, quiet in the corner
Now, and feel it slip easily from our grasp. Let go

Jed Leland

October's gardening notes from local horticulturist Nikk Slowey FdSc Hort, Lecturer in Horticulture at Suffolk Rural. Along with her husband Christian they are Honeysuckle Horticulture

"October's poplars are flaming torches lighting the way to winter." Nova S. Blair

October is a beautiful month of autumnal colours and first frosts. Crisp, blue-sky days are the perfect time to tidy up and cut back in the garden. If you grow fruit and veg, there's still plenty to harvest and store for the cold winter months ahead.

Jobs for the ornamental garden

- Lift and divide any overcrowded herbaceous perennials whilst the soil is still warm.
- Lift begonia tubers and gladioli corms to store over the winter months. Remove any dead foliage before storing them.
- This month is the ideal time to plant hedges, edible hedging, and move trees and shrubs.
- Make your first sowing of sweet peas now either directly in the ground or in root trainers. These are super hardy and will create strong, earlier flowering plants for next summer.
- Continue to save seeds from your favourite flowers in the garden. Leave the seeds to ripen and then collect in a paper bag (never plastic). Label and store until you are ready to sow.
- If early frosts are forecast either lift and store dahlia tubers, or cut back and mulch with a thick layer of compost to prevent frost damage.
- Bring pelargoniums inside for the winter. They make great houseplants on a sunny windowsill and can be put back out next spring once the frosts have passed.
- Pot up forced bulbs such as paperwhites and amaryllis for Christmas flowering
- Sweep up any fallen leaves that harbour fungal spores and provide ideal hiding places for slugs and snails. Use them to make leaf mould for the garden
- Plant Iris reticulata for pots inside, cramming them in with the bulbs almost touching. They will be in flower in February when forced on a sunny windowsill.
- Aerate and feed lawns to help them recover from heavy summer use, and prepare for the coming cold months.
- Clear up fallen rose leaves to prevent diseases such as black spot from over-wintering. To avoid the spread of damaging fungi, don't compost the leaves.

Jobs for the kitchen garden

- Harvest pumpkins and squashes before the first frosts. They quickly turn mushy if left outside!
- Sow hardy peas and broad beans directly into the bed where they are to grow for an early harvest next spring.
- Cut back asparagus fern to the ground, weed the bed and give it a good mulch with compost
- Protect outdoor salad plants with cloches to continue the harvest for the months to come.
- Clean up brassicas such as broccoli and cabbages by picking off any yellowing leaves. Ensure the plants are firm in the ground to reduce damage from the wind.
- Plant shallot, onions and garlic sets directly into the ground now for a bumper harvest next June.
- On a warm, dry day mulch empty beds with manure or compost to help maintain the soil structure over winter.
- Continue to harvest and store late season apples.
- Prune back any fruited blackberry stems to the ground and tie in the new stems for fruiting next year.
- October is also a great month to plant new cane fruits such as raspberries and blackberries.

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Ufford Friendly Bridge Club Trophy Winners 2024

The competition was held after the club BBQ which was attended by 38 members, a record number.
Ian Morgan (left) is shown presenting the trophies to Veronica Falconer and John Tinkley of Bing Hall Road.

Adrian Smith

Here's the Welly! →

Probably not where you expected, was it?

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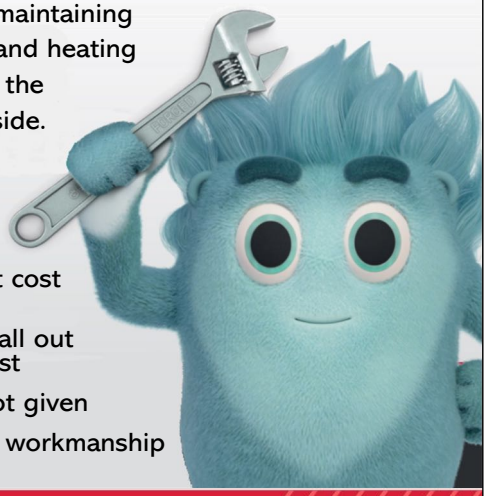

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UFFORD DIARY DATES FOR OCTOBER

EVENTS

7th October (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
8th October (Tue)	White Lion Quiz Night - Food from 7.00pm, Quiz at 8.00pm	
9th October (Wed)	Ufford Coffee Morning 10.00am to 12.00 noon	UCH
10th October (Thu)	White Lion Open Mic Night 7.00pm	
15th October (Tue)	Ufford Parish Council - Meeting 7.00pm	UCH
16th October (Wed)	White Lion Alternative Quiz Night	
21st October (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
23rd October (Wed)	Ufford Gardening Club: Quiz – Matthew Tanton-Brown	UCH
29th October (Tue)	White Lion Quiz Night - Food from 7.00pm, Quiz at 8.00pm	

CLASSES AND CLUBS

Tai Chi Classes	Mondays at 2.15pm	UCH
Tennis Club	Monday and Friday from 5.00pm	UCH
Carpet Bowls	Tuesdays at 2.00pm	UCH
Crocodile Rock	Tuesdays 9.45am-10.45am and 11.15am-12.00 noon	UCH
Happy Babies	Thursdays 9.30-10.30am, 11am-12 noon and 12.15-1.15pm	UCH

BRIDGE CLUBS

Ufford Friendly Bridge Club
Mondays 6.30pm **UCH**

U2 Bridge Club
Wednesday 9th & 23rd October - 1.45pm **UCH**

WHERE?

SMPH **St Mary's Parish Hall**

UCH **Ufford Community Hall**

The PUNCH Directory

Schedule of events and classes are on the diary dates above

Boules (by tennis court - UCH)
Di Fulcher 01394 460551

Bridge Classes
Mike Fisher
www.mikefisherbridge.com

Carpet Bowls
Di Fulcher 01394 460551

Community Hall
Bookings.uch@gmail.com

Crocodile Rock
crocodilerock.music@gmail.com

Cycle Club
Stephen Thurlow 01394 460770

Deben Probus Club
John Hickling 01728 746322
johnhickling@uwclub.net

Friends of Ufford Woods
Mike Hawthorne 01394 420241

Happy Babies
hello@happy-babies.co.uk

Helping Ufford Group (HUG)
Hotline: 07595 970139
helpinguffordgroup@gmail.com

Parish Council & website
Clerk: Judi Hallett
01394 411405 / 07739 411927
www.ufford.suffolk.cloud

Parish Church Committee
Karen Eyres 01394 460455
k.eyres@btopenworld.com

PUNCHLine
Tig Thomas 07710 882559
PUNCHline@uffordpunch.org.uk

St Mary's Parish Hall
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Tennis Club
Chris Cage 01394 461082

U2 Bridge Club
Adrian Smith 01394 461179

Ufford Art History Group
Jenny Searle 01394 460317

Ufford Arts Festival
Jeremy Eyres 07739 330398

Ufford Basketball Club
Daniel Metz
uffordbasketball@gmail.com

Ufford Friendly Bridge Club
Lyn Taylor 01394 460253

Ufford Gardening Club
Sheila Creswick 01394 547658
sheila@creswick.uk
www.uffordgardeningclub.org.uk

Ufford Players Theatre
Jackie Wilks 01423 333167

Ufford Tai-Chi
Ray Norris 01394 383076
www.suffolktaichiacademy.uk

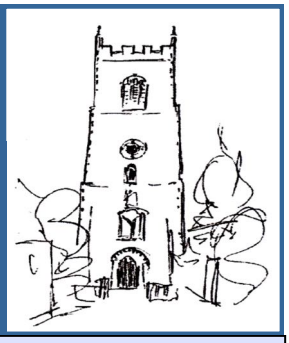
Ufford PUNCH
Nicky Scott 01394 460186
secretary@uffordpunch.org.uk

ST MARY OF THE ASSUMPTION, UFFORD

(United Benefice with St Andrew's Church, Melton)

Rector of Melton & Ufford Ufford: Revd Paul Hambling
Church Office, St Andrew's Church, Station Road,
Melton, Woodbridge IP12 1PX T: 01394 387491

Church Wardens of Ufford:
Mrs Karen Eyres T: 01394 460455
Mr David Perfect T: 01394 460363



"Care less for your harvest than for how it is shared and your life will have meaning, your heart will have PEACE."

Autumn is traditionally a time of plenty, apples from the trees and nuts and berries in the hedgerows.

However not everyone can share in this. There are still people and families that are finding it difficult to buy basic essentials and pay the increasing bills. We pray for those less fortunate than ourselves and here in Ufford St. Mary's we also collect produce for the "Little Pantry "in Melton in St Andrews Church porch. This is not an official food bank but is available to anyone who needs it. On the basis of "Give what you can, take what you need." There is a collection box in the church porch.

You are **all** invited to the Harvest Festival Lunch on 6th October after the Harvest Festival service. Please sign up in the church so that we know the numbers.

Come and give thanks and celebrate harvest with us. Join us as we rejoice in God's goodness, but also join us as we hear and reflect on the bounty God has given to us all.
Love and peace to you all
Karen Eyres

EVENTS in ST. MARY'S UFFORD:
"Love to Sing" choir "Chalk & Cheese"
in aid of Parkinson's UK.
Saturday 26th October. 5:00pm

Worship at Ufford & Melton

Everyone welcome at Services

October

Sun 6th TRINITY 19

08.00 am Holy Communion BCP at Melton

10.00 am **Ufford HARVEST FESTIVAL** followed by Lunch in the Hall

10.00 am Morning Worship at Melton

Sun13th TRINITY 20

08.00 am Holy Communion BCP at Ufford

10.00 am **Melton HARVEST FESTIVAL** followed by Lunch in the Hall

Sun 20th TRINITY 21

08.00 am Holy Communion BCP at Melton

10.00 am Parish Eucharist at Ufford

10.00 am Morning Worship at Melton

Sun 27th TRINITY 22

08.00 am Holy Communion BCP at Ufford

10.am Eucharist at Melton

Please check the church website for updates and the church calendar

LIVE CHURCH CALENDAR ON THE WEB SITE
www.uffordchurch.org

Food Banks - donations welcome to the 'Little Pantry' at St Andrew's Church, Melton and Collection Box at Ufford Church. Thank you.

Jenny Searle

Online prayer resources:

https://pray-as-you-go.org/home/ https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

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Scary picture by Alex Ayliffe

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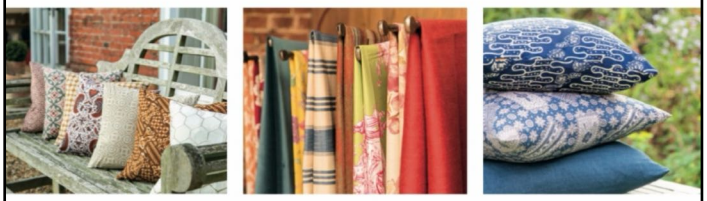

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